

Individual Best Times (All Time)

Helena Cutajar - (828276) - Aquanauts Livingston ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.16	1:10.00	383	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Freestyle	2:34.47	2:32.20	389	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
400 Freestyle	5:17.80	5:13.30	406	05/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
800 Freestyle	11:21.05	11:12.50	360	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Breaststroke	43.20	42.50	307	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:29.37	1:27.90	369	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Breaststroke	3:15.09	3:12.40	350	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	34.85	34.30	344	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Butterfly	1:16.30	1:15.30	384	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Butterfly	2:56.29	2:54.50	329	07/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
100 Backstroke	1:23.37	1:22.40	325	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Backstroke	2:55.96	2:54.10	342	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Individual Medley	2:47.96	2:45.60	423	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
400 Individual Medley	5:56.16	5:51.20	415	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.91	32.60	371	30/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
100 Freestyle	1:08.06	1:09.30	402	22/01/17	Carnegie Graded Meet	Dunfermline	SCO1231	2
200 Freestyle	2:25.22	2:27.60	438	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
400 Freestyle	5:02.11	5:06.70	448	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
800 Freestyle	10:32.20	10:41.30	430	31/10/15	East District Age Group Championships	Glenrothes	SCO1062	1
1500 Freestyle	21:08.31	21:24.50	367	29/10/17	East District Time Trial	Xcite Leisure Centre	SCO1356	2
50 Breaststroke	42.26	43.00	302	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
100 Breaststroke	1:27.74	1:29.20	359	12/11/16	Lothian Region Graded Meet 2016	Prestonpans	SCO1194	2
200 Breaststroke	3:05.23	3:08.10	383	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
50 Butterfly	34.34	34.90	357	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
100 Butterfly	1:15.53	1:16.50	366	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2
200 Butterfly	2:48.86	2:50.70	355	22/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
50 Backstroke	38.97	39.50	272	22/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
100 Backstroke	1:21.50	1:22.50	305	12/11/16	Lothian Region Graded Meet 2016	Prestonpans	SCO1194	2
200 Backstroke	2:48.86	2:50.80	349	11/06/16	ELST Distance Meet 2016	Mercat Gait	SCO1144	2
200 Individual Medley	2:47.36	2:49.70	386	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
400 Individual Medley	5:43.83	5:48.90	427	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	SCO1084	2
100 Individual Medley	1:20.31	1:20.30	348	18/03/17	Glenrothes Spring Meet	Glenrothes	SCO1268	2